3.1AE **4.1**AE

ELLIPTICAL OWNER'S MANUAL
MANUEL DU PROPRIÉTAIRE DE L'EXERCISEUR ELLIPTIQUE
MANUAL DEL PROPIETARIO DE LA MÁQUINA ELÍPTICA

Read the ELLIPTICAL GUIDE before using this OWNER'S MANUAL.
Lire le GUIDE D'UTILISATION DE L'EXERCISEUR ELLIPTIQUE avant de se servir du présent MANUEL DU PROPRIÉTAIRE.
Lea la GUÍA DEL USUARIO DE LA MÁQUINA ELÍPTICA antes de usar este MANUAL DEL PROPIETARIO.

31AE_41AE_OM_Rev1_7.indd 1 7/13/11 11:08 AM

DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the elliptical from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace. Do not sprint above 80 RPMs on this machine.
- To maintain balance, it is recommended to keep a grip on the handlebars while exercising, mounting or dismounting the machine.
- Do not turn pedal arms by hand.
- Make sure handlebars are secure before each use.
- Keep the topside of the foot support clean and dry.
- Care should be taken when mounting or dismounting the equipment. Before mounting or dismounting, move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- Do not wear clothes that might catch on any part of the elliptical.
- Always wear athletic shoes while using this equipment.
- Do not jump on the elliptical.
- At no time should more than one person be on the elliptical while in operation.
- This elliptical should not be used by persons weighing more than the specified user capacity in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- This elliptical is intended for in-home use only. Do not use this elliptical in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not use elliptical in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply will void the warranty.
- To prevent electrical shock, never drop or insert any object into any opening.
- Connect this exercise product to a properly grounded outlet only.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- Use the elliptical only as described in the elliptical guide and owner's manual.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The elliptical should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- At NO time should pets or children under the age of 13 be closer to the elliptical than 10 feet.
- At NO time should children under the age of 13 use the elliptical.
- Children over the age of 13 or disabled persons should not use the elliptical without adult supervision.
- Never operate the elliptical if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the elliptical to a service center for examination and repair.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician

It is essential that your elliptical is used only indoors, in a climate controlled room. If your elliptical has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the elliptical is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure and may also void the manufacturer's warranty.

31AE_41AE_OM_Rev1_7.indd 4-5 7/13/11 11:08 AM

GROUNDING INSTRUCTIONS

If your elliptical has power incline with a 3-prong plug, you must follow these grounding instructions.

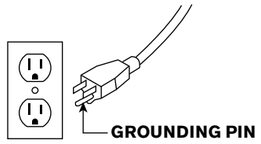
This product must be grounded. If a elliptical should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-120 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This elliptical should be used with a minimum 15-amp circuit.



WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact Customer Tech Support for replacement or repair.

ASSEMBLY

WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the elliptical could have frame parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on a white barcode sticker on the front stabilizer tube and enter it in the space provided below.

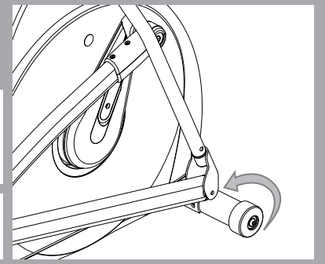
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

EP

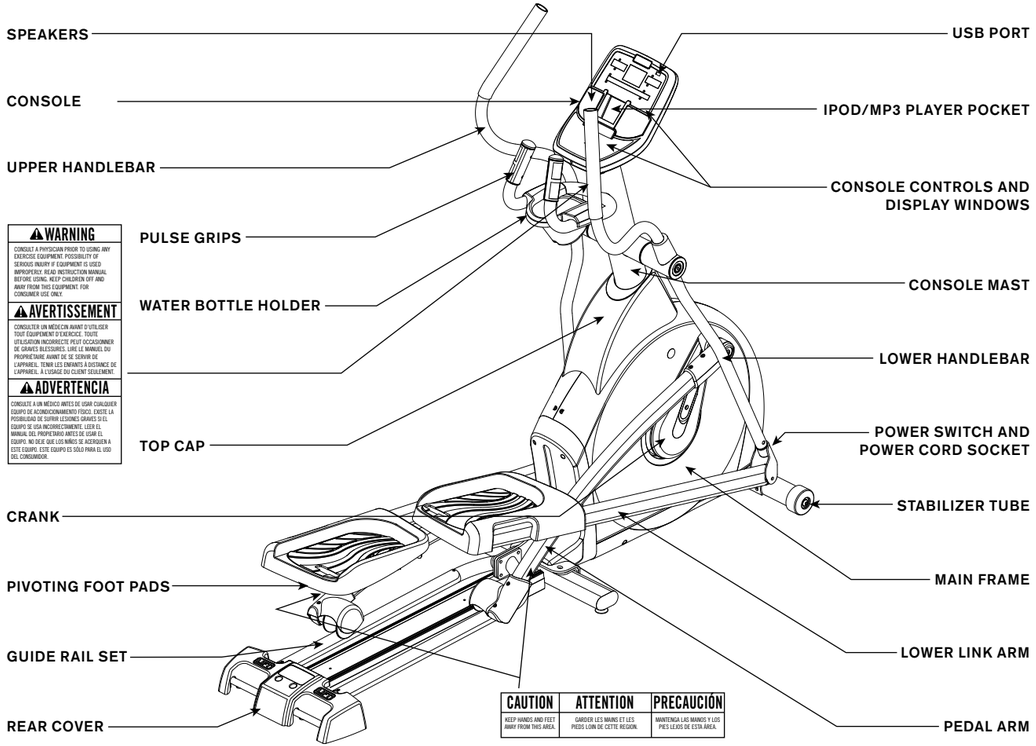
MODEL NAME: **AFG** **ELLIPTICAL**

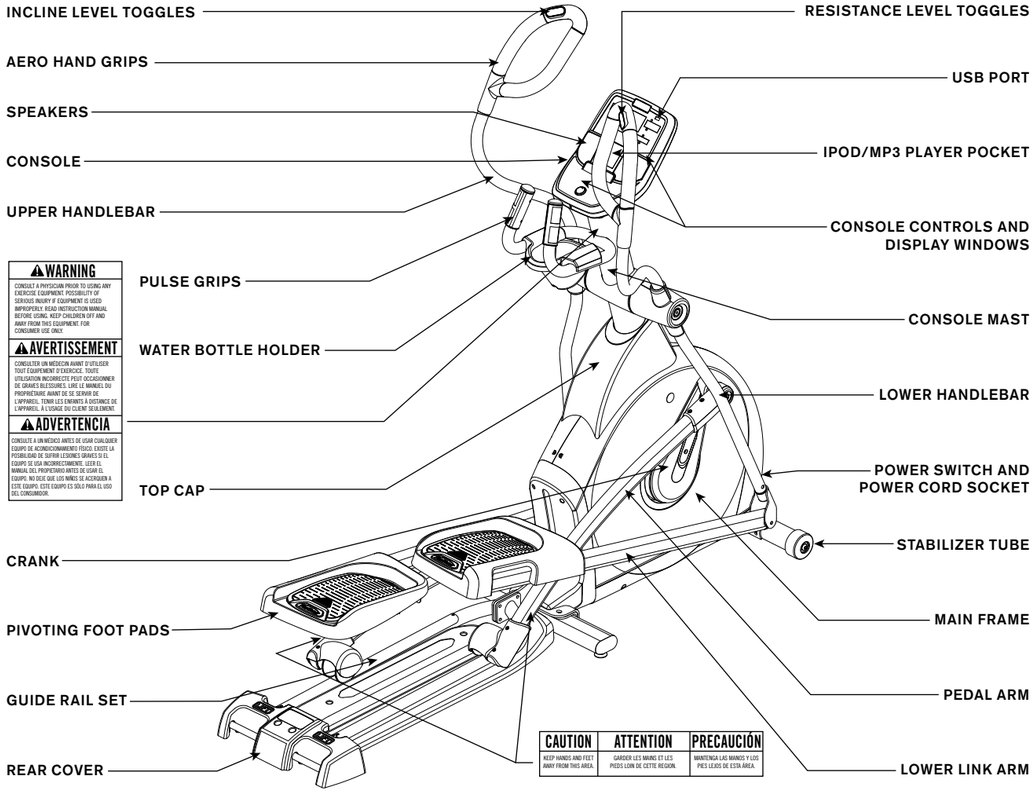
SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

31AE_41AE_OM_Rev1_7.indd 6-7 7/13/11 11:08 AM


SPEAKERS
CONSOLE
UPPER HANDLEBAR
PULSE GRIPS
WATER BOTTLE HOLDER
TOP CAP
CRANK
PIVOTING FOOT PADS
GUIDE RAIL SET
REAR COVER
USB PORT
IPOD/MP3 PLAYER POCKET
CONSOLE CONTROLS AND DISPLAY WINDOWS
CONSOLE MAST
LOWER HANDLEBAR
POWER SWITCH AND POWER CORD SOCKET
STABILIZER TUBE
MAIN FRAME
LOWER LINK ARM
PEDAL ARM
WARNING
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.
AVERTISSEMENT
CONSULTER UN MÉDECIN AVANT D'UTILISER TOUT ÉQUIPEMENT D'EXERCICE. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DE GRAVES BLESSURES. LIRE LE MANUEL DU PROPRIÉTAIRE AVANT DE SE SERVIR DE L'APPAREIL. TENIR LES ENFANTS À DISTANCE DE L'APPAREIL. À L'USAGE DU CLIENT SEULEMENT.
ADVERTENCIA
CONSULTE A UN MÉDICO ANTES DE USAR CUALQUIER EQUIPO DE ACONDICIONAMIENTO FÍSICO. EXISTE LA POSIBILIDAD DE SUFRIR LESIONES GRAVES SI EL EQUIPO SE USA INCORRECTAMENTE. LEER EL MANUAL DEL PROPIETARIO ANTES DE USAR EL EQUIPO. NO DEJE QUE LOS NIÑOS SE ACERQUEN A ESTE EQUIPO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.
CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA.
ATTENTION
GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION.
PRECAUCIÓN
MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.


INCLINE LEVEL TOGGLES
AERO HAND GRIPS
SPEAKERS
CONSOLE
UPPER HANDLEBAR
PULSE GRIPS
WATER BOTTLE HOLDER
TOP CAP
CRANK
PIVOTING FOOT PADS
GUIDE RAIL SET
REAR COVER
RESISTANCE LEVEL TOGGLES
USB PORT
IPOD/MP3 PLAYER POCKET
CONSOLE CONTROLS AND DISPLAY WINDOWS
CONSOLE MAST
LOWER HANDLEBAR
POWER SWITCH AND POWER CORD SOCKET
STABILIZER TUBE
MAIN FRAME
PEDAL ARM
LOWER LINK ARM
WARNING
CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY.
AVERTISSEMENT
CONSULTER UN MÉDECIN AVANT D'UTILISER TOUT ÉQUIPEMENT D'EXERCICE. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DE GRAVES BLESSURES. LIRE LE MANUEL DU PROPRIÉTAIRE AVANT DE SE SERVIR DE L'APPAREIL. TENIR LES ENFANTS À DISTANCE DE L'APPAREIL. À L'USAGE DU CLIENT SEULEMENT.
ADVERTENCIA
CONSULTE A UN MÉDICO ANTES DE USAR CUALQUIER EQUIPO DE ACONDICIONAMIENTO FÍSICO. EXISTE LA POSIBILIDAD DE SUFRIR LESIONES GRAVES SI EL EQUIPO SE USA INCORRECTAMENTE. LEER EL MANUAL DEL PROPIETARIO ANTES DE USAR EL EQUIPO. NO DEJE QUE LOS NIÑOS SE ACERQUEN A ESTE EQUIPO. ESTE EQUIPO ES SOLO PARA EL USO DEL CONSUMIDOR.
CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA.
ATTENTION
GARDER LES MAINS ET LES PIEDS LOIN DE CETTE REGION.
PRECAUCIÓN
MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA ÁREA.

31AE_41AE_OM_Rev1_7.indd 8-9
7/13/11 11:08 AM

ALL MODELS

TOOLS INCLUDED:

- ☐ 8 mm L-Wrench
- ☐ 5 mm L-Wrench
- ☐ 13/15 mm Flat Wrench
- ☐ Screwdriver
- ☐ 5 mm L-wrench/Screwdriver

PARTS INCLUDED:

- ☐ 1 Stabilizer Tube
- ☐ 1 Guide Rail Set
- ☐ 2 Pedal Arms
- ☐ 2 Lower Handlebars
- ☐ 2 Upper Handlebars
- ☐ 2 Lower Link Arms With Footpads
- ☐ 1 Top Cap (2 pieces)
- ☐ 1 Console Mast
- ☐ 1 Console Mast Boot
- ☐ 1 Console
- ☐ 2 Handlebar Caps
- ☐ 1 Water Bottle Holder
- ☐ 1 Rear Cover
- ☐ 1 Audio Adapter Cable
- ☐ 1 Power Cord
- ☐ 1 Hardware Kit

3.1AE only:

- ☐ 2 Handlebar Boots

4.1AE only:

- ☐ 2 Handlebar Covers
- ☐ 2 Aero Hand Grips
- ☐ 1 iPod® Dock Rubber Plug
- ☐ 1 Polar® Chest Strap

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

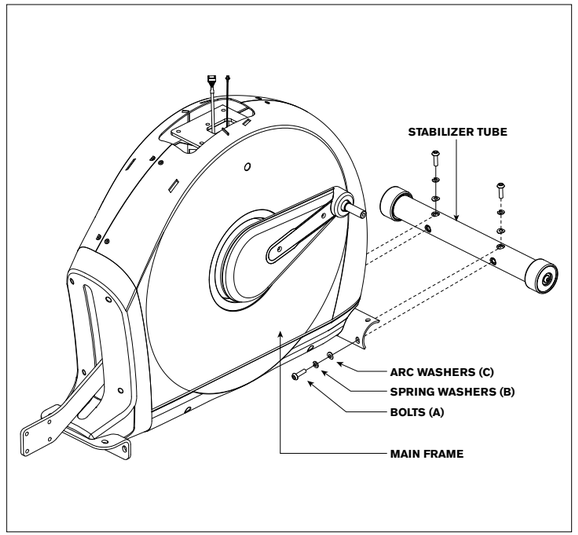
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

☎ NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.

ASSEMBLY **STEP 1**



HARDWARE FOR STEP 1 :

A Open **HARDWARE FOR STEP 1**.

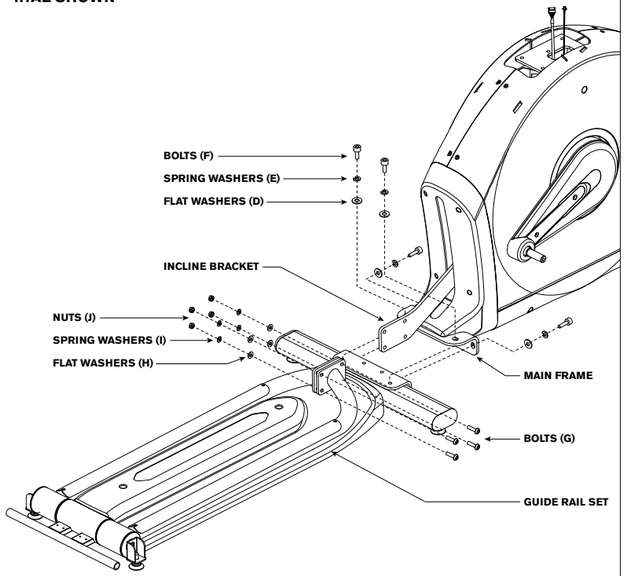
B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 2 **BOLTS (A)**, 2 **SPRING WASHERS (B)** and 2 **ARC WASHERS (C)** on each side.

ALL MODELS

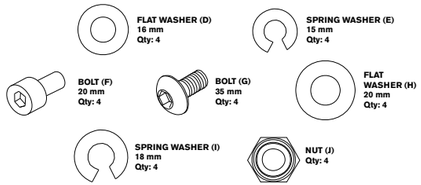
31AE_41AE_OM_Rev1_7.indd 10-11 7/13/11 11:08 AM

ASSEMBLY **STEP 2**

4.1AE SHOWN



HARDWARE FOR STEP 2 :



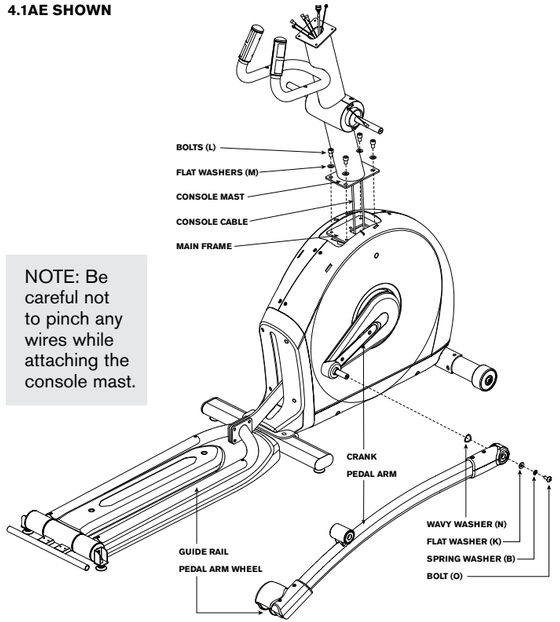
A Open **HARDWARE FOR STEP 2**.

B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (F)**, 4 **SPRING WASHERS (E)** and 4 **FLAT WASHERS (D)**.

C Attach the **GUIDE RAIL SET** to the **INCLINE BRACKET** using 4 **BOLTS (G)**, 4 **FLAT WASHERS (H)**, 4 **SPRING WASHERS (I)** and 4 **NUTS (J)**.

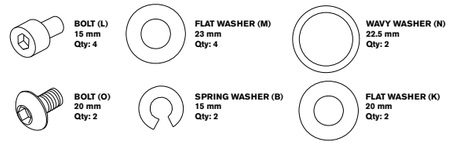
ASSEMBLY **STEP 3**

4.1AE SHOWN



NOTE: Be careful not to pinch any wires while attaching the console mast.

HARDWARE FOR STEP 3 :



A Open **HARDWARE FOR STEP 3**.

B Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.

C Attach **CONSOLE MAST** to **MAIN FRAME** using 4 **FLAT WASHERS (M)** and 4 **BOLTS (L)**.

D Slide **WAVY WASHER (N)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.

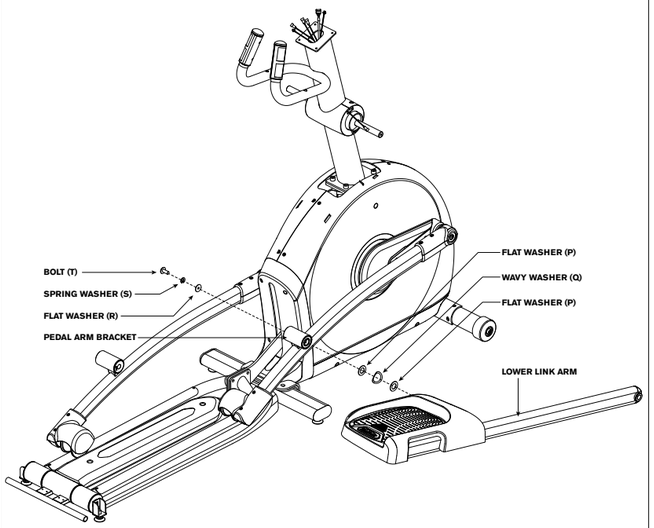
E Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (O)**.

F Repeat steps D–E on the opposite side of the elliptical.

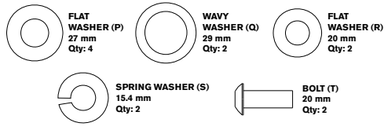
31AE_41AE_OM_Rev1_7.indd 12-13 7/13/11 11:08 AM

ASSEMBLY **STEP 4**

4.1AE SHOWN



HARDWARE FOR STEP 4 :



A Open **HARDWARE FOR STEP 4**.

B Slide 1 **FLAT WASHER (P)**, 1 **WAVY WASHER (Q)** and another **FLAT WASHER (P)** onto the **LOWER LINK ARM**.

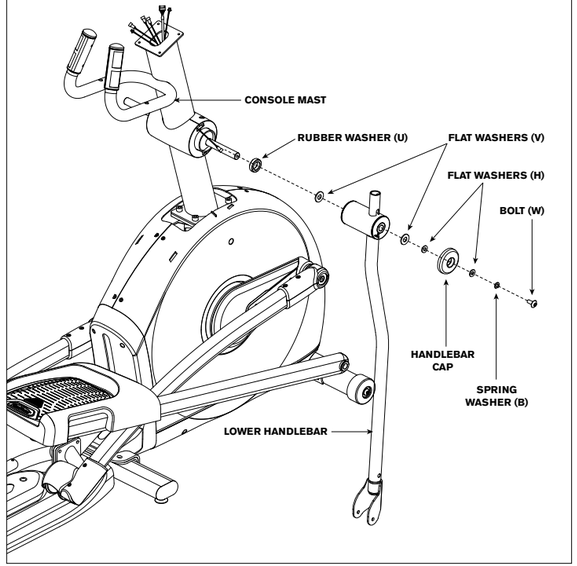
C Slide the **LOWER LINK ARM** into the **PEDAL ARM BRACKET**.

D Attach the **LOWER LINK ARM** to the **PEDAL ARM BRACKET** using 1 **FLAT WASHER (R)**, 1 **SPRING WASHER (S)** and 1 **BOLT (T)**.

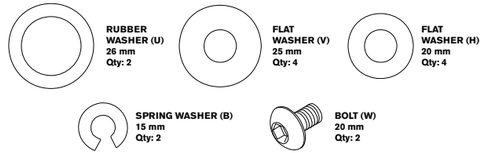
E Repeat steps B–D on the opposite side of the elliptical.

ASSEMBLY **STEP 5**

4.1AE SHOWN



HARDWARE FOR STEP 5 :



A Open **HARDWARE FOR STEP 5**.

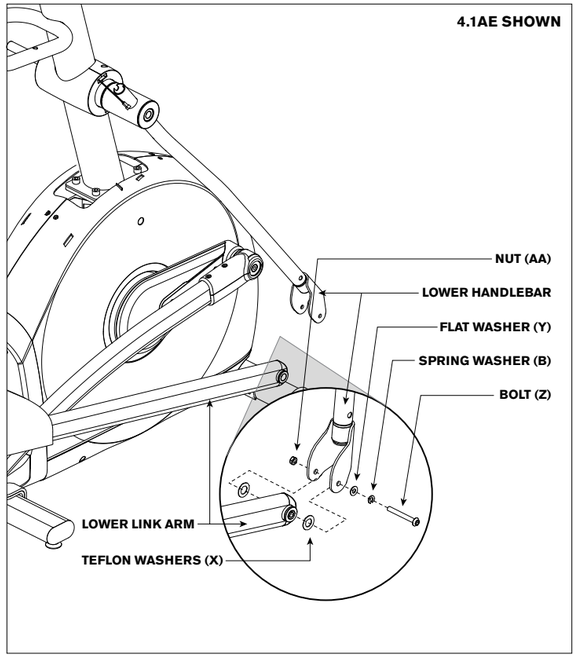
B Slide 1 **RUBBER WASHER (U)** and 1 **FLAT WASHER (V)** onto the **CONSOLE MAST**.

C Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (V)**, 1 **FLAT WASHER (H)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (H)**, 1 **SPRING WASHER (B)** and 1 **BOLT (W)**.

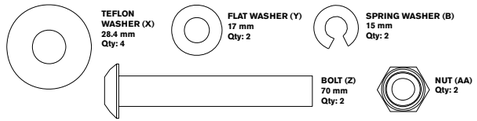
D Repeat steps B–C on the opposite side of the elliptical.

31AE_41AE_OM_Rev1_7.indd 14-15 7/13/11 11:08 AM

ASSEMBLY **STEP 6**



HARDWARE FOR STEP 6 :



A Open **HARDWARE FOR STEP 6**. Remove zip tie securing axle in **LOWER LINK ARM**.

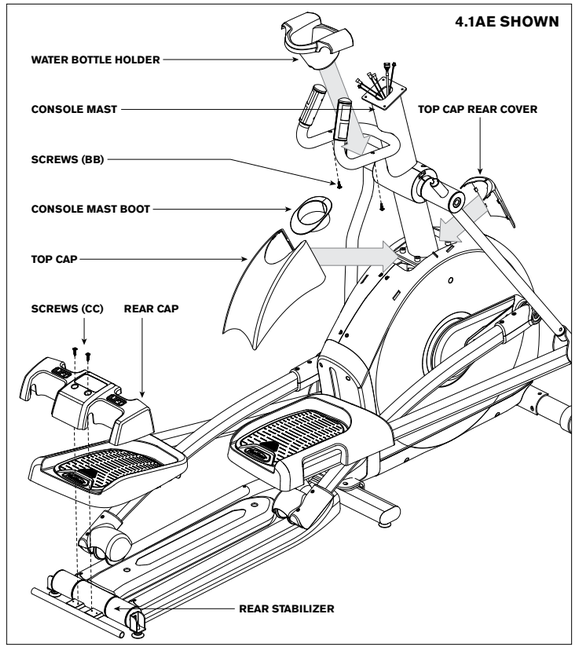
B Align end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**.

C Place **TEFLON WASHERS (X)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHERS (X)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.

D Secure the joint with 1 **FLAT WASHER (Y)**, 1 **SPRING WASHER (B)**,1 **BOLT (Z)** and secure with 1 **NUT (AA)**.

E Repeat steps B–D on the opposite side of the elliptical.

ASSEMBLY **STEP 7**



HARDWARE FOR STEP 7 :

A Open **HARDWARE FOR STEP 7**.

B Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.

C Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.

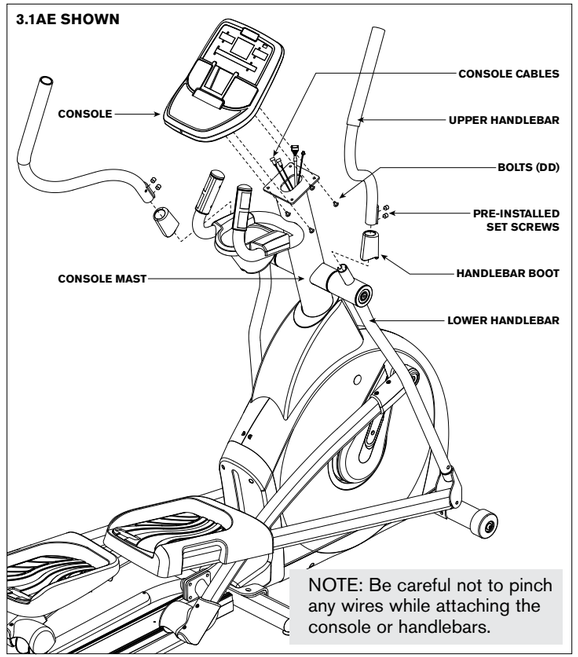
D Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 2 **SCREWS (BB)**.

E Slide **REAR CAP** over **REAR STABILIZER** and attach using 2 **SCREWS (CC)**.

NOTE: Be careful not to pinch any wires while tightening screws.

31AE_41AE_OM_Rev1_7.indd 16-17 7/13/11 11:08 AM

3.1AE ASSEMBLY **STEP 8**



HARDWARE FOR STEP 8 :

BOLT (DD)
12 mm
Qty: 4

* This step is for 3.1AE models only.

A Open **HARDWARE FOR STEP 8**.

B Attach the 3 **CONSOLE CABLES** to the **CONSOLE**.

C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (DD)**.

D Slide **HANDLEBAR BOOTS** over upper handlebars.

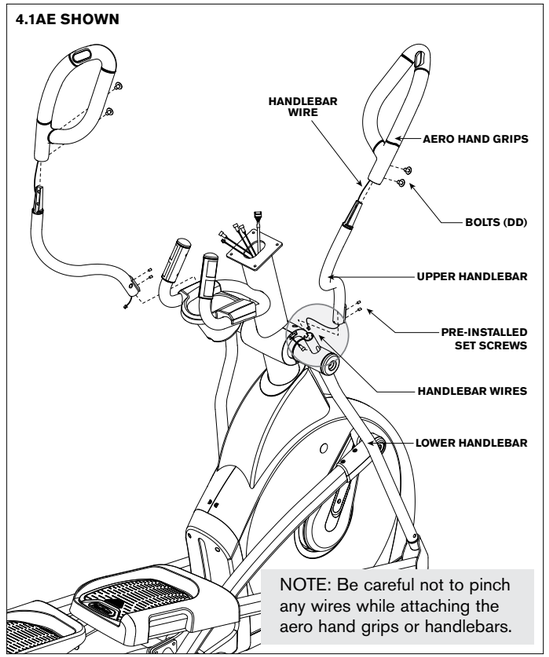
E Slide **UPPER HANDLEBARS** onto **LOWER HANDLEBARS** making sure handlebars are joined together completely. Secure **UPPER HANDLEBARS** to **LOWER HANDLEBARS** using **PRE-ATTACHED SET SCREWS**.

Make sure upper handlebars are as far down as possible. Handlebars can be damaged If not secured correctly.

F Slide **HANDLEBAR BOOTS** down to cover handlebar attachments.

3.1AE ASSEMBLY COMPLETE!

4.1AE ASSEMBLY **STEP 8**



HARDWARE FOR STEP 8 :

BOLT (DD)
15 mm
Qty: 4

* This step is for 4.1AE models only.

A Open **HARDWARE FOR STEP 8**.

B Carefully pull the **HANDLEBAR WIRE** from the **AERO HAND GRIP** through the **UPPER HANDLEBAR** using the twist tie located inside the **UPPER HANDLEBAR** and then discard the twist tie.

C Pull the **HANDLEBAR WIRE** from the bottom of the **UPPER HANDLEBAR** while sliding the **AERO HAND GRIP** onto the **UPPER HANDLEBAR** to prevent the **HANDLEBAR WIRE** from becoming pinched and create slack to connect the wire.

D Attach **AERO HAND GRIP** to **UPPER HANDLEBAR** using 2 **BOLTS (DD)**.

E Guide the **HANDLEBAR WIRE** through the top of the **LOWER HANDLEBAR** and through the slot.

F Slide **UPPER HANDLEBAR** onto **LOWER HANDLEBAR** making sure handlebars are joined together completely. Secure **UPPER HANDLEBAR** to **LOWER HANDLEBAR** using **PRE-INSTALLED SET SCREWS**.

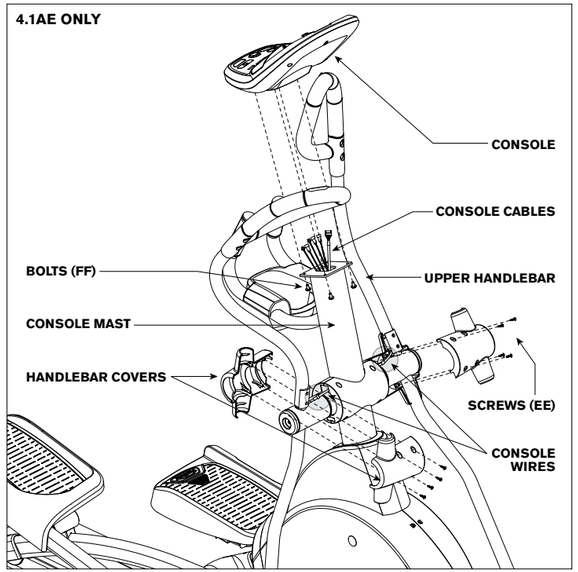
G Connect the **HANDLEBAR WIRE** from the **UPPER HANDLEBAR** to the wire from the **CONSOLE MAST**.

H Repeat steps B – G on other side.

31AE_41AE_OM_Rev1_7.indd 18-19 7/13/11 11:08 AM

4.1AE ASSEMBLY **STEP 9**

4.1AE ONLY



NOTE: Be careful not to pinch any wires while attaching the console or handlebar covers.

HARDWARE FOR STEP 9 :

SCREW (EE)
15 mm
Qty: 8

BOLT (FF)
12 mm
Qty: 4

* This step is for 4.1AE only.

A Open **HARDWARE FOR STEP 9**.

B Attach right **HANDLEBAR COVERS** over handlebars using 4 **SCREWS (EE)**.

C Repeat on other side.

D Connect the 5 **CONSOLE CABLES** to the **CONSOLE**.

E Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (FF)**.

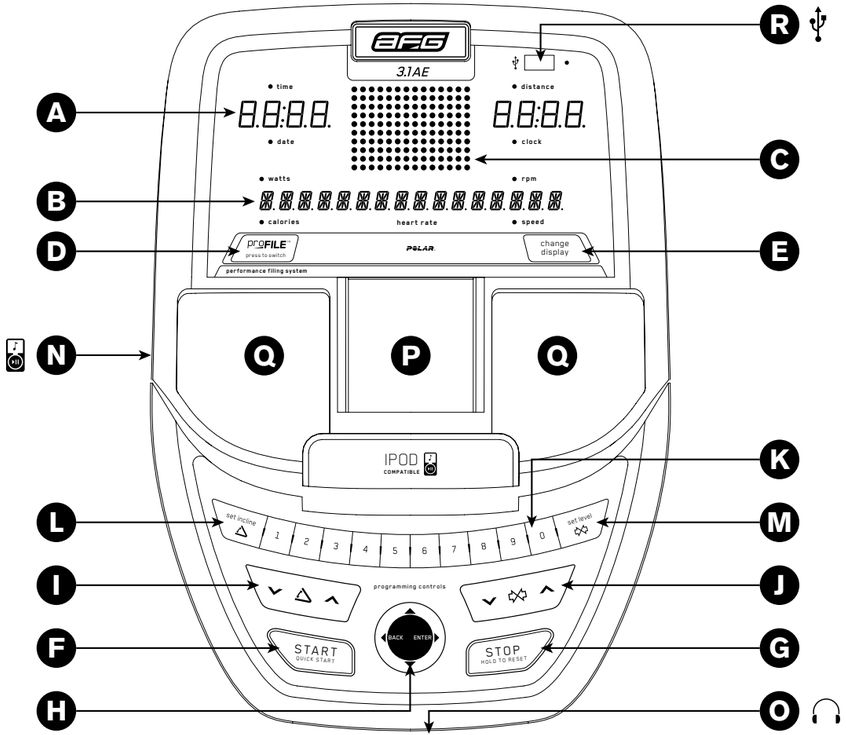
4.1AE ASSEMBLY COMPLETE!

ELLIPTICAL OPERATION

This section explains how to use your elliptical's console and programming.
The BASIC OPERATION section in the ELLIPTICAL GUIDE has instructions for the following:

- **LOCATION OF THE ELLIPTICAL**
- **POWER/GROUNDING INSTRUCTIONS**
- **FOOT POSITIONING**
- **MOVING THE ELLIPTICAL**
- **LEVELING THE ELLIPTICAL**
- **POWER/MANUAL INCLINE OPERATION**
- **USING THE HEART RATE FUNCTION**

31AE_41AE_OM_Rev1_7.indd 20-21 7/13/11 11:08 AM

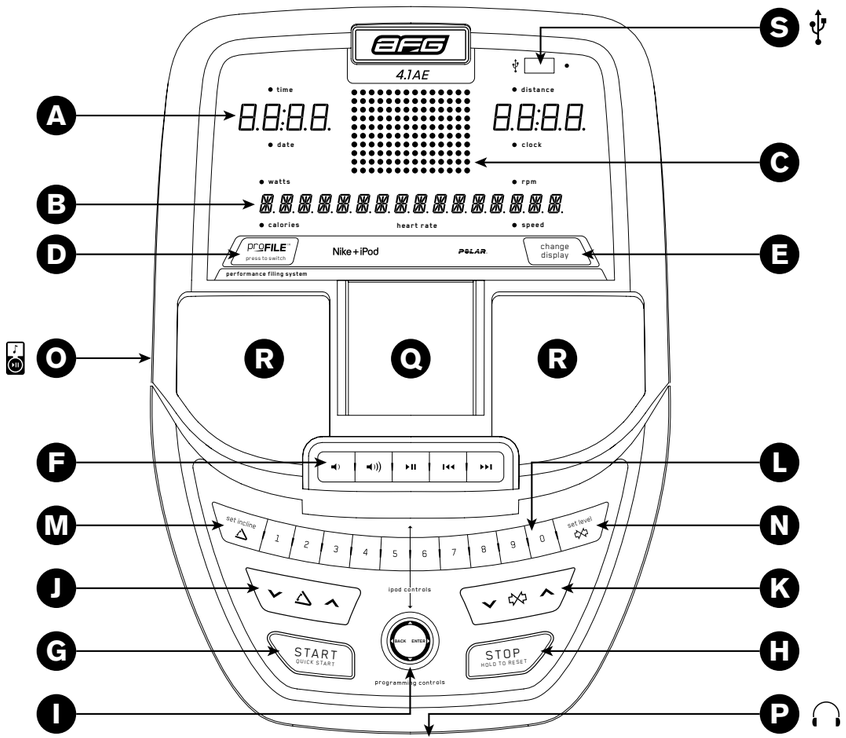


3.1AE CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- **A) LED DISPLAY WINDOWS**: time, distance, date and clock.
- **B) ALPHANUMERIC DISPLAY WINDOW**: displays watts, calories, rpm, heart rate, speed and PROFILE™ display information.
- **C) DOT MATRIX DISPLAY WINDOW**: displays workout level and progress.
- **D) PROFILE™ BUTTON**: used to scroll through PROFILE™ display modes. User must be selected before pressing.
- **E) CHANGE DISPLAY BUTTON**: used to scroll through display modes. Press to change display feedback during workout.
- **F) START**: press to begin exercising, start your workout or resume exercising after pause.
- **G) STOP**: press to pause/end your workout. Hold for 3 seconds to reset the console.
- **H) PROGRAMMING BUTTON**: used to select program, level and time, and other options.
- **I) INCLINE ⌄⌃ KEYS**: press to adjust incline in 5% increments.
- **J) RESISTANCE ⌄⌃ KEYS**: press to adjust resistance.
- **K) QUICK ADJUST KEYPAD**: used to reach desired resistance or incline more quickly.
- **L) SET INCLINE KEY**: used to change incline to level entered into keypad.
- **M) SET LEVEL KEY**: used to change resistance to level entered into keypad.
- **N) AUDIO IN**: plug your cd / mp3 player into the console using the included audio adaptor cable.
- **O) AUDIO OUT/HEADPHONE JACK**: plug your headphones into this jack to listen to your music through the headphones.
- **P) IPOD®/MP3 POCKET**: stores iPod or MP3 player.
- **Q) SPEAKERS**: music plays through speakers when your cd/mp3 player is connected to the console.
- **R) USB PORT**: used for software updates.

31AE_41AE_OM_Rev1_7.indd 22-23 7/13/11 11:08 AM

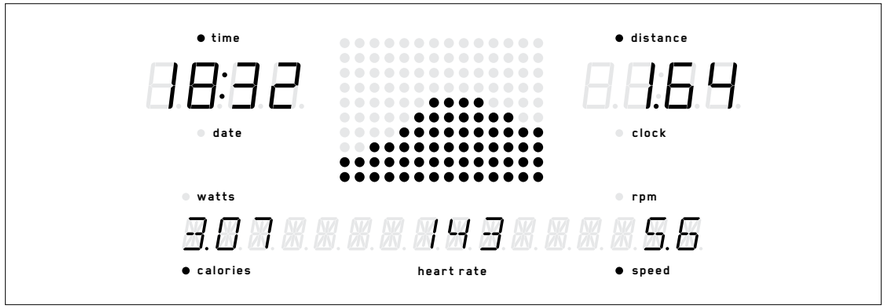


4.1AE CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- **A) LED DISPLAY WINDOWS**: time, distance, date and clock.
- **B) ALPHANUMERIC DISPLAY WINDOW**: displays watts, calories, rpm, heart rate, speed and PROFILE™ display information.
- **C) DOT MATRIX DISPLAY WINDOW**: displays workout level and progress.
- **D) PROFILE™ BUTTON**: used to scroll through PROFILE™ display modes. User must be selected before pressing.
- **E) CHANGE DISPLAY BUTTON**: used to scroll through display modes. Press to change display feedback during workout.
- **F) IPOD® CONTROLS**: press to adjust your attached iPod audio settings.
- **G) START**: press to begin exercising, start your workout or resume exercising after pause.
- **H) STOP**: press to pause/end your workout. Hold for 3 seconds to reset the console.
- **I) IPOD®/ PROGRAMMING BUTTON**: used to select program, level and time, and other options. Used to control iPod® (during workout only).
- **J) INCLINE ⌄⌃ KEYS**: press to adjust incline in 5% increments.
- **K) RESISTANCE ⌄⌃ KEYS**: press to adjust resistance.
- **L) QUICK ADJUST KEYPAD**: used to reach desired resistance or incline more quickly.
- **M) SET INCLINE KEY**: used to change incline to level entered into keypad.
- **N) SET LEVEL KEY**: used to change resistance to level entered into keypad.
- **O) AUDIO IN**: plug your cd / mp3 player into the console using the included audio adaptor cable.
- **P) AUDIO OUT/HEADPHONE JACK**: plug your headphones into this jack to listen to your music through the headphones.
- **Q) IPOD® DOCKING STATION**: used to dock and charge your ipod® (not included).
- **R) SPEAKERS**: music plays through speakers when your cd/mp3 player is connected to the console.
- **S) USB PORT**: used for software updates.

31AE_41AE_OM_Rev1_7.indd 24-25 7/13/11 11:08 AM



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled during your workout.
- **CALORIES:** Calories burned during your workout.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips or when wearing Polar chest strap).
- **SPEED:** Shown as MPH. Indicates how fast the foot pads are moving.
- **DATE/CLOCK:** Displays date and time.
- **WATTS:** Displays current user power output.
- **RPM:** Rotations Per Minute.
- **RESISTANCE:** Shows the current level of resistance. Will be displayed in the alphanumeric window.
- **INCLINE:** Shown as percent. Indicates the incline level of the power ramp. Will be displayed in the alphanumeric window.
- **PROFILE™ DISPLAY:** When PROFILE™ is activated, the PROFILE™ information is displayed in the LED windows. Use the PROFILE™ button to change display information. More information is on page 37.

GETTING STARTED

1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
3) You have the following options to start your workout:

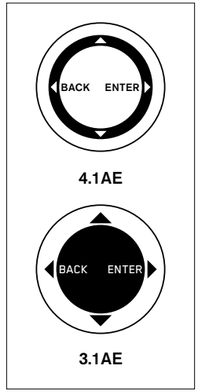
A) QUICK START UP

Simply press START to begin working out. Time will count up from 0:00. The resistance level will default to level 1. Incline will default to 0%. OR...

B) SELECT A PROGRAM

1) Select GUEST, USER 1 or USER 2 using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
2) Select weight and press ENTER.
3) Select a program using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm.
   NOTE: if you press START before pressing ENTER, the program will begin and counts up from 0:00 for the Manual program, and counts down from 30:00 for all other programs. The level defaults to 1.
4) Complete the program setup using ▲ ▼ on the PROGRAMMING BUTTON and press ENTER to confirm after each step.
5) When setup is complete, press START to begin your workout.

Programming Button



DATE AND CLOCK SETUP

1) Enter Setup mode: Press and hold the 1 and 2 keys for 3 seconds.
2) Use ▲ ▼ on the PROGRAMMING BUTTON to change settings and press ENTER to confirm.
3) Settings include: Month, Day, Year, Hour, Minute, and AM/PM.
4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.
5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

TO CLEAR SELECTION/ RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the display will flash “WORKOUT COMPLETE” and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

31AE_41AE_OM_Rev1_7.indd 26-27 7/13/11 11:08 AM

PROGRAM INFORMATION

NOTE: If resistance or incline are changed during your workout, the remaining segments will be affected accordingly.

P1 **MANUAL:** Manually adjust your resistance and incline levels as you work out toward a time-based goal.

P2 **INTERVALS:** Alternating levels of resistance build endurance in this time-based workout with 16 levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				30	60	60	30	30	60	30	60	60	30	30	60	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	5	1	1	5	5	1	5	1	1	5	5	1	3	2	2	1
2	1	2	2	3	6	2	2	6	6	2	6	2	2	6	6	2	3	2	2	1
3	1	2	2	4	7	3	3	7	7	3	7	3	3	7	7	3	4	2	2	1
4	1	2	2	5	8	4	4	8	8	4	8	4	4	8	8	4	5	2	2	1
5	2	3	5	6	9	5	5	9	9	5	9	5	5	9	9	5	6	5	3	2
6	2	3	5	7	10	6	6	10	10	6	10	6	6	10	10	6	7	5	3	2
7	2	3	5	8	11	7	7	11	11	7	11	7	7	11	11	7	8	5	3	2
8	2	3	5	9	12	8	8	12	12	8	12	8	8	12	12	8	9	5	3	2
9	3	4	5	10	13	9	9	13	13	9	13	9	9	13	13	9	10	5	4	3
10	3	4	8	11	14	10	10	14	14	10	14	10	10	14	14	10	11	8	4	3
11	3	6	10	12	15	11	11	15	15	11	15	11	11	15	15	11	12	10	6	3
12	3	6	10	13	16	12	12	16	16	12	16	12	12	16	16	12	13	10	6	3
13	5	9	13	14	17	13	13	17	17	13	17	13	13	17	17	13	14	13	9	5
14	5	9	13	15	18	14	14	18	18	14	18	14	14	18	18	14	15	13	9	5
15	5	9	13	16	19	15	15	19	19	15	19	15	15	19	19	15	16	13	9	5
16	5	9	13	17	20	16	16	20	20	16	20	16	16	20	20	16	17	13	9	5

P3 **WEIGHT LOSS**: Fat-burning, time-based workout that steadily builds resistance for a gradual comedown, with 16 levels to choose from.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				Each segment lasts 60 seconds												4 minutes			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	2	3	3	3	4	4	5	5	5	5	4	4	3	3	3	2	2	1
2	1	2	2	3	4	4	5	5	6	6	6	6	5	5	4	4	3	2	2	1
3	1	2	2	4	5	5	6	6	7	7	7	7	6	6	5	5	4	2	2	1
4	1	2	2	5	6	6	7	7	8	8	8	8	7	7	6	6	5	2	2	1
5	2	3	5	6	7	7	8	8	9	9	9	9	8	8	7	7	6	5	3	2
6	2	3	5	7	8	8	9	9	10	10	10	10	9	9	8	8	7	5	3	2
7	2	3	5	8	9	9	10	10	11	11	11	11	10	10	9	9	8	5	3	2
8	2	3	5	9	10	10	11	11	12	12	12	12	11	11	10	10	9	5	3	2
9	3	4	5	10	11	11	12	12	13	13	13	13	12	12	11	11	10	5	4	3
10	3	4	8	11	12	12	13	13	14	14	14	14	13	13	12	12	11	8	4	3
11	3	6	10	12	13	13	14	14	15	15	15	15	14	14	13	13	12	10	6	3
12	3	6	10	13	14	14	15	15	16	16	16	16	15	15	14	14	13	10	6	3
13	5	9	13	14	15	15	16	16	17	17	17	17	16	16	15	15	14	13	9	5
14	5	9	13	15	16	16	17	17	18	18	18	18	17	17	16	16	15	13	9	5
15	5	9	13	16	17	17	18	18	19	19	19	19	18	18	17	17	16	13	9	5
16	5	9	13	17	18	18	19	19	20	20	20	20	19	19	18	18	17	13	9	5

31AE_41AE_OM_Rev1_7.indd 28-29 7/13/11 11:08 AM

PROGRAM INFORMATION

ALL MODELS

P4 **CONSTANT WATTS**: This workout automatically adjusts the resistance to keep you within a set Watts range and maintains your desired level of exercise intensity.

1) Select Constant Watts program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
2) Set time using ▲▼ and press ENTER.
3) Select desired watts using ▲▼ and press ENTER.
4) Press START to being the program.

P5 **MUSCLE TONER**: Work toward higher resistance levels as you build strength and endurance with 10 levels to choose from.

	WARM UP				PROGRAM SEGMENTS - REPEAT										COOL DOWN			
Level	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	1	1	2	2	1	2	3	4	3	2	1	2	3	2	1	1	1	1
2	1	2	2	3	2	3	4	5	4	3	2	1	2	3	2	1	1	1
3	2	2	3	3	3	4	5	6	7	8	7	6	5	4	2	1	1	1
4	2	3	3	4	4	5	6	7	8	9	8	7	6	5	3	1	1	1
5	3	4	4	4	5	6	7	8	9	10	9	8	7	6	3	3	2	1
6	3	5	4	5	6	7	8	9	10	10	10	9	8	7	4	3	2	1
7	4	5	5	5	7	7	8	8	9	9	10	10	9	8	4	3	2	1
8	4	5	5	5	8	8	9	9	10	10	11	11	10	9	4	3	2	1
9	4	5	5	5	9	9	10	10	11	11	12	12	11	10	5	4	3	1
10	4	5	9	9	14	14	15	15	16	16	17	17	16	15	8	7	6	1

P6 **REVERSE TRAIN**: Alternate forward (F) and backward (R) pedaling at varying resistance levels for a challenging workout that builds greater lower body and core strength, with 16 levels to choose from.

	WARM-UP				F	R	F	R	F	R	F	R	F	R	F	R	COOL-DOWN			
TIME	4 minutes				30	60	90	60	90	45	60	45	90	90	30	30	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	2	3	2	3	1	2	3	1	2	3	1	2	3	2	1	1	1
2	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1	1
3	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1	1
4	1	1	1	3	6	5	6	4	5	6	4	5	6	4	5	6	3	1	1	1
5	1	2	3	3	7	6	7	5	6	7	5	6	7	5	6	7	3	3	2	1
6	1	2	3	4	8	7	8	6	7	8	6	7	8	6	7	8	4	3	2	1
7	1	2	3	4	9	8	9	7	8	9	7	8	9	7	8	9	4	3	2	1
8	1	2	3	5	10	9	10	8	9	10	8	9	10	8	9	10	5	3	2	1
9	1	1	1	2	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1	1
10	1	1	1	2	12	11	12	10	11	12	10	11	12	10	11	12	2	1	1	1
11	2	2	2	3	13	12	13	11	12	13	11	12	13	11	12	13	2	1	1	1
12	3	3	3	4	14	13	14	12	13	14	12	13	14	12	13	14	3	1	1	1
13	3	4	4	5	15	14	15	13	14	15	13	14	15	13	14	15	3	3	2	1
14	3	4	5	6	16	15	16	14	15	16	14	15	16	14	15	16	4	3	2	1
15	3	5	6	7	17	16	17	15	16	17	15	16	17	15	16	17	4	3	2	1
16	4	6	7	8	18	17	18	16	17	18	16	17	18	16	17	18	5	3	2	1

ALL MODELS

31AE_41AE_OM_Rev1_7.indd 30-31 7/13/11 11:08 AM

PROGRAM INFORMATION

ALL MODELS

P7 **OREGON TRAIL**: Experience a hike through the foothills with an alternating resistance workout for a time-based goal. Choose from 10 levels.

	WARM-UP				PROGRAM SEGMENTS - REPEAT												COOL-DOWN			
TIME	4 minutes				30	90	90	30	30	90	30	90	90	30	30	90	4 minutes			
LEVEL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1	1	1
2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1	1	1
3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1	1	1
4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1	1	1
5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	3	2	1
6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3	2	1
7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3	2	1
8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3	2	1
9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3	2	2
10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4	2	2

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is 220 – 30 = 190 bpm and 90% max HR is 190 × 0.9 = 171 bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

P8 **THR ZONE**: Simulate the intensity of your favorite sport as the program resistance automatically adjusts to maintain a set Target Heart Rate range.

1) Select THR Zone program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
2) Select TIME using ▲▼ and press ENTER on the PROGRAMMING BUTTON.
3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from heart rate training chart) using ▲▼ on the PROGRAMMING BUTTON and press ENTER.
4) Press START to begin.

P9 **HR INTERVALS (4.1AE ONLY)**: Automatically adjusts peak and valley resistance levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

1) Set TOTAL WORKOUT TIME using ▲▼ on the PROGRAMMING BUTTON or the KEYPAD and press ENTER.
2) Set PEAK interval target heart rate using ▲▼ or the KEYPAD and press ENTER.
3) Set PEAK interval time using ▲▼ or the KEYPAD and press ENTER.
4) Set VALLEY interval target heart rate using ▲▼ or the KEYPAD and press ENTER.
5) Set VALLEY interval time using ▲▼ or the KEYPAD and press ENTER. Press START to begin.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00 MIN	The peak interval and valley interval segment times are preset by the user and are repeated until the cool down.		2:00 MIN	2:00 MIN
RESISTANCE	0% Or user selects	THR set by user for the peak and valley intervals.		50% Current Resistance	0%

NOTES:
- The large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.
- There is a 4-minute warm-up built into this program at level 1 resistance.
- After 4 minutes, the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program.
- If there is no heart rate detected, the unit will not change resistance levels up or down.
- If your heart rate is 25 beats over your target zone the program will shut down.

31AE_41AE_OM_Rev1_7.indd 32-33 7/13/11 11:08 AM

PROGRAM INFORMATION

P10 CARDIO BOOST (4.1AE ONLY): Take your fitness goals to the next level with high-energy bursts that alternate resistance and incline combinations for greater results in less time. Choose from 10 levels.
NOTE: All elevations are listed as a percent of total elevation.

		WARM UP		PROGRAM SEGMENTS - REPEAT								COOL DOWN	
	TIME	4:00 MIN		1:30	:30	1:30	:30	1:30	30	1:30	:30	4:00 MIN	
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12
1	Incline	5	10	5	15	5	15	5	30	5	30	10	5
	Resistance	1	2	1	3	1	3	1	6	1	6	2	1
2	Incline	5	15	10	25	10	25	10	35	10	35	10	5
	Resistance	1	3	2	5	2	5	2	7	2	7	2	1
3	Incline	10	15	15	35	15	35	15	40	15	40	15	10
	Resistance	2	3	3	7	3	7	3	8	3	8	3	2
4	Incline	10	20	20	45	20	45	25	5	25	5	15	10
	Resistance	2	4	4	9	4	9	5	10	5	10	3	2
5	Incline	15	15	30	55	30	55	35	60	35	60	25	15
	Resistance	3	3	6	11	6	11	7	12	7	12	5	3
6	Incline	15	20	40	65	40	65	45	70	45	70	25	15
	Resistance	3	4	8	13	8	13	9	14	9	14	5	3
7	Incline	20	20	45	70	45	70	50	75	50	75	25	15
	Resistance	4	4	9	14	9	14	10	15	10	15	5	3
8	Incline	20	25	5	75	50	75	55	80	55	80	25	15
	Resistance	4	5	10	15	10	15	11	16	11	16	5	3
9	Incline	20	25	60	80	60	80	65	85	65	85	25	15
	Resistance	4	5	12	16	12	16	13	17	13	17	5	3
10	Incline	20	25	70	90	70	90	75	90	75	90	25	15
	Resistance	4	5	14	18	14	18	15	18	15	18	5	3

P11 MOUNTAIN CLIMB (4.1AE ONLY): Combinations of resistance and incline gradually increase for an effective, climb-simulated workout that boosts strength and endurance, with 10 levels to choose from.
NOTE: All elevations are listed as a percent of total elevation.

		WARM UP		PROGRAM SEGMENTS - REPEAT												COOL DOWN	
	TIME	4:00 MIN		1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	4:00 MIN	
LEVEL	Segment #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	Incline	5	10	15	15	15	10	10	10	10	10	10	15	15	15	5	5
	Resistance	1	2	4	4	5	5	6	6	6	6	5	5	4	4	3	2
2	Incline	5	15	20	20	20	15	15	15	15	15	15	20	20	20	10	10
	Resistance	1	3	6	6	7	7	8	8	8	8	7	7	6	6	3	2
3	Incline	10	15	30	30	30	25	25	25	25	25	25	30	30	30	15	15
	Resistance	2	3	7	7	9	9	10	10	10	10	9	9	7	7	3	2
4	Incline	10	20	40	40	40	35	35	35	35	35	35	40	40	40	20	20
	Resistance	2	4	8	8	10	10	11	12	12	11	10	10	8	8	3	2
5	Incline	15	15	50	50	50	45	45	45	45	45	45	50	50	50	25	25
	Resistance	3	3	9	9	11	11	12	13	13	12	11	11	9	9	4	3
6	Incline	15	20	60	60	60	55	55	55	55	55	55	60	60	60	30	30
	Resistance	3	4	10	10	12	12	13	14	14	13	12	12	10	10	4	3
7	Incline	20	20	70	70	70	65	65	65	65	65	65	70	70	70	35	35
	Resistance	4	4	11	11	13	13	14	15	15	14	13	13	11	11	5	4
8	Incline	20	25	80	80	80	75	75	75	75	75	75	80	80	80	40	40
	Resistance	4	5	12	12	14	14	15	16	16	15	14	14	12	12	5	4
9	Incline	20	25	90	90	90	85	85	85	85	85	85	90	90	90	40	40
	Resistance	4	5	13	13	15	15	16	17	17	16	15	15	13	13	5	4
10	Incline	20	25	100	100	100	90	90	90	90	90	90	100	100	100	40	40
	Resistance	4	5	14	14	16	16	17	18	18	17	16	16	14	14	5	4

31AE_41AE_OM_Rev1_7.indd 34-35 7/13/11 11:08 AM

ALL MODELS

CUSTOM PROGRAMS
(4.1AE HAS 3 CUSTOM PROGRAMS, 3.1AE HAS 2 CUSTOM PROGRAMS)

1) Select CUSTOM 1, 2 or 3 program using ▲▼ and press ENTER on the PROGRAMMING BUTTON.

2) Set time using ▲▼ and press ENTER on the PROGRAMMING BUTTON.

3) Set the RESISTANCE profiles using ▲▼ and press ENTER on the PROGRAMMING BUTTON after each segment is set to the desired level (repeat until all 15 segments are set).

4) Next, set the INCLINE profiles using ▲▼ and press ENTER on the PROGRAMMING BUTTON after each segment is set to the desired level (repeat until all 15 segments are set).
NOTE: if BACK is pressed on the PROGRAMMING BUTTON, it will take you back to previous segment.

5) Press START to begin the program.
NOTE: to reset the memory, press and hold ENTER for 5 seconds.

Programming Button

4.1AE

3.1AE

PROFILE™ PERFORMANCE TRACKER

Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new elliptical is equipped with AFG's exclusive PROFILE™ Performance Tracker, you've taken an important step towards achieving your fitness goals.

The integrated PROFILE™ software allows you to track your fitness progress over time without the need for paper journals or logs. With PROFILE™, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made. Read further to learn about how PROFILE™ can help motivate you to enhance your performance.

SETUP
To activate PROFILE™, a user MUST be chosen before the program begins. To select a USER 1 or 2, use the PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen. NOTE: If no user is selected and clock and date are not set, no data will be tracked.

RESET
Reset all recorded information for USER 1 or USER 2 by selecting the user and then holding down the PROFILE™ button for 10 seconds. Note: This step is permanent and will delete ALL previously accumulated data for the chosen user.

ACCUMULATED DATA
Once PROFILE™ is activated, you can scroll through your accumulated data in multiple formats by pressing the PROFILE™ button. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the STOP button is held to reset the console.

LAST WORKOUT: This option allows you to view your accumulated data from your last workout. The current workout becomes the last workout once a program has ended or the console has been reset. The following information will be shown in each display window:
- TIME - Total time of last workout.
- DISTANCE - Total distance of last workout.
- WATTS - Average watts of last workout.
- RPM - Average RPM of last workout.
- CALORIES - Total calories burned of last workout.
- SPEED - Average speed of last workout.

ALL MODELS

31AE_41AE_OM_Rev1_7.indd 36-37 7/13/11 11:08 AM

PROFILE™ PERFORMANCE TRACKER ACCUMULATED DATA

ALL MODELS

2) AVERAGE WORKOUT: This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
- TIME - Average workout time.
- DISTANCE - Average workout distance.
- WATTS - Average watts of workout.
- RPM - Average RPM.
- CALORIES - Average calories burned.
- SPEED - Average speed of workout.

3) WEEKLY GOAL: Indicates the weekly goal you set. “LEFT” – Indicates the time or distance you have left to complete to meet your weekly goal. TIME or DISTANCE – The total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.
- The “GOAL” and “LEFT” will display alternately every 3 seconds.
- A “GOAL DONE” message will appear when goal is completed.
- If the date and clock are not set and/or a weekly goal is not set, weekly goal will display zeros.
- The time or distance left for the weekly goal will reset at the end of each week.

4) WEEKLY TOTAL: View your accumulated data from the last Sunday to the present day. NOTE: This data is based on week to date NOT the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:
- TIME - Total time of workout.
- DISTANCE - Total distance of workout.
- WATTS - Average watts of weekly workout.
- RPM - Average RPM of weekly workout.
- CALORIES - Average calories burned.
- SPEED - Average speed of weekly workout.

NOTE: If the date and clock are not set, weekly total will default to the last workout data.

5) LIFETIME TOTAL: This option allows you to view the total accumulated data. The following information will be shown in each display window:
- TIME - Total accumulated time. NOTE: If time is greater than 59:59, the time will no longer display minutes and will display hours only.
- DISTANCE - Total accumulated distance.
- WATTS - Average watts.
- RPM - Average RPM.
- CALORIES - Average calories burned.
- SPEED - Average speed.

PROFILE™ PERFORMANCE TRACKER WEEKLY GOAL SETUP

ALL MODELS

1) Select USER 1 or USER 2.
2) Press PROFILE™ button until it displays “WEEKLY GOAL.” Press ENTER.
3) Use ▲▼ to set a time goal (leave time at 0:00 if you want to set a distance goal). Press ENTER.
4) Use ▲▼ to set a distance goal. If the distance is changed from 0.00, distance will be the goal. NOTE: you may only set a time or distance goal, not both.
5) Press ENTER to exit the weekly goal setup mode.

USING YOUR CD / MP3 PLAYER

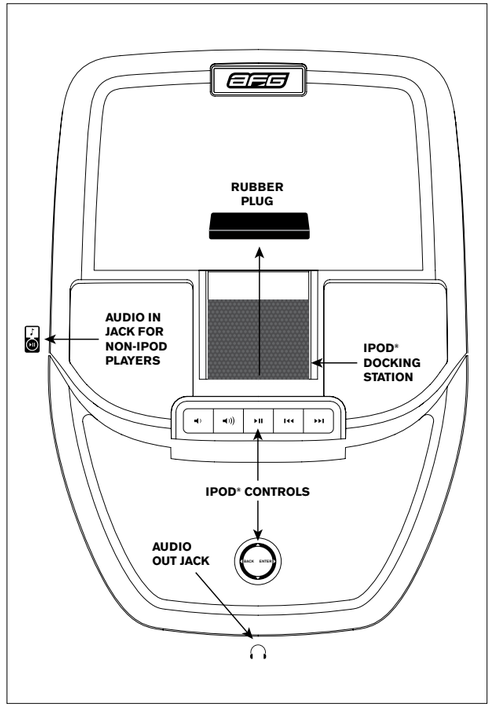
1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your CD / MP3 player.
2) Use your CD / MP3 player buttons to adjust song settings.
3) Remove the AUDIO ADAPTOR CABLE when not in use.
4) If you don’t want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console.

DOWNLOADING A SOFTWARE UPDATE FROM AFGFITNESS.COM

Occasionally a software update may be available for your console, via the included USB port. Please visit **http://www.afgfitness.com/customer-support/software-update/** to see if an update is available and get detailed instructions on how to download the latest software from your PC or Mac.

NOTE: Performing a software update will delete all previously saved workout information.

31AE_41AE_OM_Rev1_7.indd 38-39 7/13/11 11:08 AM



IPOD® DOCKING STATION

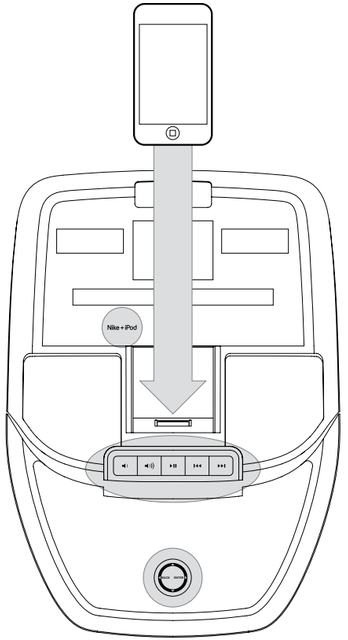
The iPod docking station is the entertainment solution for your workouts. Various iPod and iPhone models with a dock connector can fit this dock.

USING THE IPOD DOCKING STATION (IPOD NOT INCLUDED)

1) Remove the rubber plug from bottom of the docking station.
2) Plug in your iPod/iPhone by matching the dock connector pin on the console with the dock connector on your iPod/iPhone. NOTE: Once you have connected the device to the docking station, please allow 10 seconds for docking station to authenticate before it will be fully functional.
3) Use the controls below the dock to adjust volume and music selection. Use the programming button to access full iPod functionality. NOTE: If you don't want to use the speakers, you can plug your headphones into the audio out jack at the bottom of the console.

Replace the rubber plug into the bottom of the docking station when the station is not in use or for use with other media players.

NOTE: Audio will not play through speakers if audio adaptor cable is plugged in while iPod/iPhone is in the docking station.



Nike + iPod

READY
Connect your Nike Plus-compatible device to the built-in Made for iPod connector on Nike + iPod compatible fitness equipment.

SET
Full console controls and built-in SonicSurround™ speakers make it easy to exercise to your favorite workout playlist.

GO
Start walking or running. Your distance, time, and calories burned are recorded as you go. It's all automatically saved on your iPod or iPhone.

SYNC
When you're done with your workout, connect your iPod or iPhone to your computer. iTunes syncs your workout data to nikeplus.com. Every workout and every run is there, ready for you to review.

Made for iPod

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

31AE_41AE_OM_Rev1_7.indd 40-41 7/13/11 11:08 AM

NIKE + OPERATION

REQUIREMENTS

Nike Plus – compatible iPod or iPhone (See www.apple.com/nikeplus for more information).

Before syncing your Apple device to your computer, you must first create a free Nike Plus account at www.nikerunning.com and download the latest iTunes software (www.apple.com/itunes).

GETTING STARTED

1) Before connecting your Apple device to the elliptical, you must first turn on Nike Plus on the device.
2) Dock your Apple device and wait for authentication to complete. This may take up to 10 seconds. After authentication is complete, your iPod-specific console controls will be active (see next page).
3) See Console Operation on page 25 and start your workout.
4) If your iPod or iPhone is Nike Plus compatible, your workout will begin recording automatically to your Nike Plus compatible device. The console will display, “RECORDING WORKOUT TO IPOD.”
5) When your workout is complete, the display will verify by displaying “CONGRATULATIONS WORKOUT RECORDED. CONNECT YOUR IPOD TO YOUR COMPUTER AND SEE YOUR WORKOUT AT NIKEPLUS.COM.” If you happen to stop your workout before your workout is complete, press and hold stop for 5 seconds. This will record your data to your Nike Plus-compatible device.
6) Remove your Nike Plus compatible device and sync with iTunes.
7) Log into your Nike Running account to review and track your workouts.

LIMITED HOME-USE WARRANTY

31AE_41AE_OM_Rev1_7.indd 42-43

7/13/11 11:08 AM

WEIGHT CAPACITY

3.1AE = 325 lbs (147.4 kilograms)
4.1AE = 350 lbs (158.8 kilograms)

FRAME • LIFETIME
AFG warrants the frame against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

BRAKE • LIFETIME
AFG warrants the brake against defects in workmanship and materials for the lifetime of the original owner, so long as the device remains in the possession of the original owner. Labor or installation of brake is not covered under the brake warranty.

ELECTRONICS & PARTS • 3.1AE: 3 YEAR
• 4.1AE: 5 YEARS
AFG warrants the electronic components, finish and all original parts for the period specified above from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR • 3.1AE: 1 YEAR
• 4.1AE: 2 YEARS
AFG shall cover the labor cost for the repair of the device for the period specified above from the date of the original purchase, so long as the device remains in the possession of the original owner.

INCLINE MOTOR • 1 YEAR
AFG warrants the incline motor mechanism and parts against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

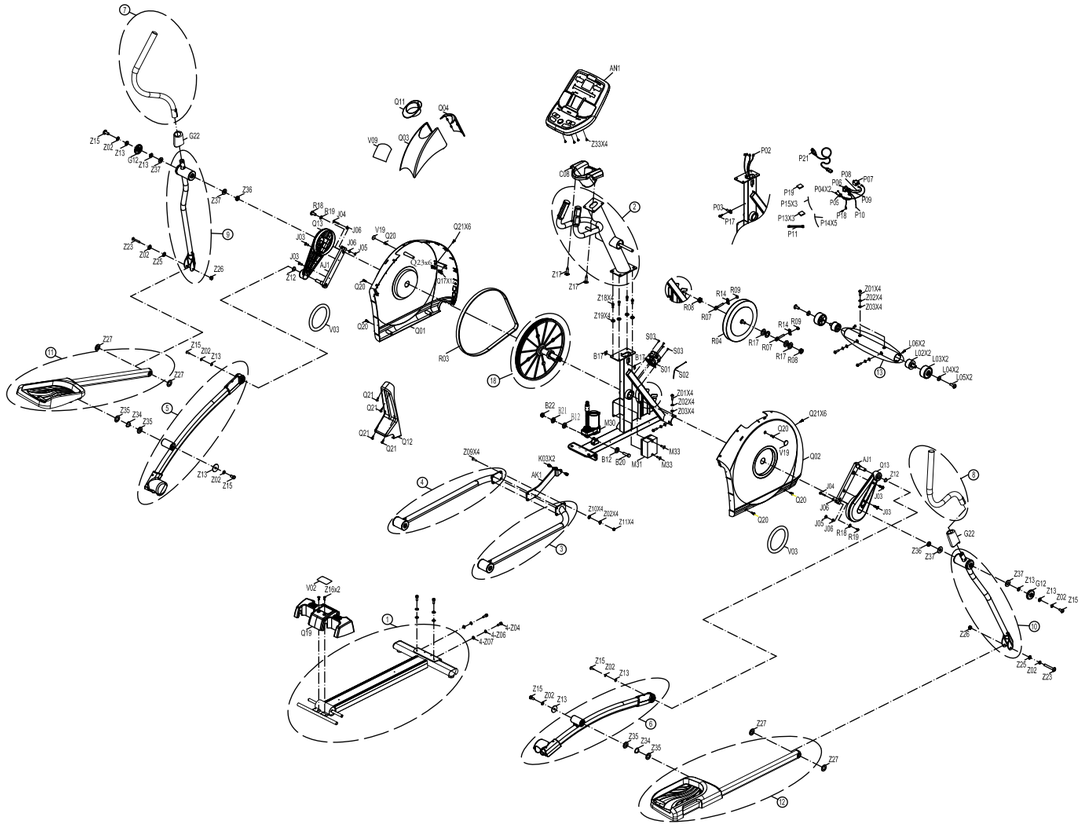
What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by AFG.
- Incidental or consequential damages. AFG is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment. AFG does not provide monetary or other compensation for any such repairs or replacement parts costs, including but not limited to gym membership fees, work time lost, diagnostic visits, maintenance visits or transportation.
- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by AFG for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. AFG is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and AFG shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

SERVICE/RETURNS

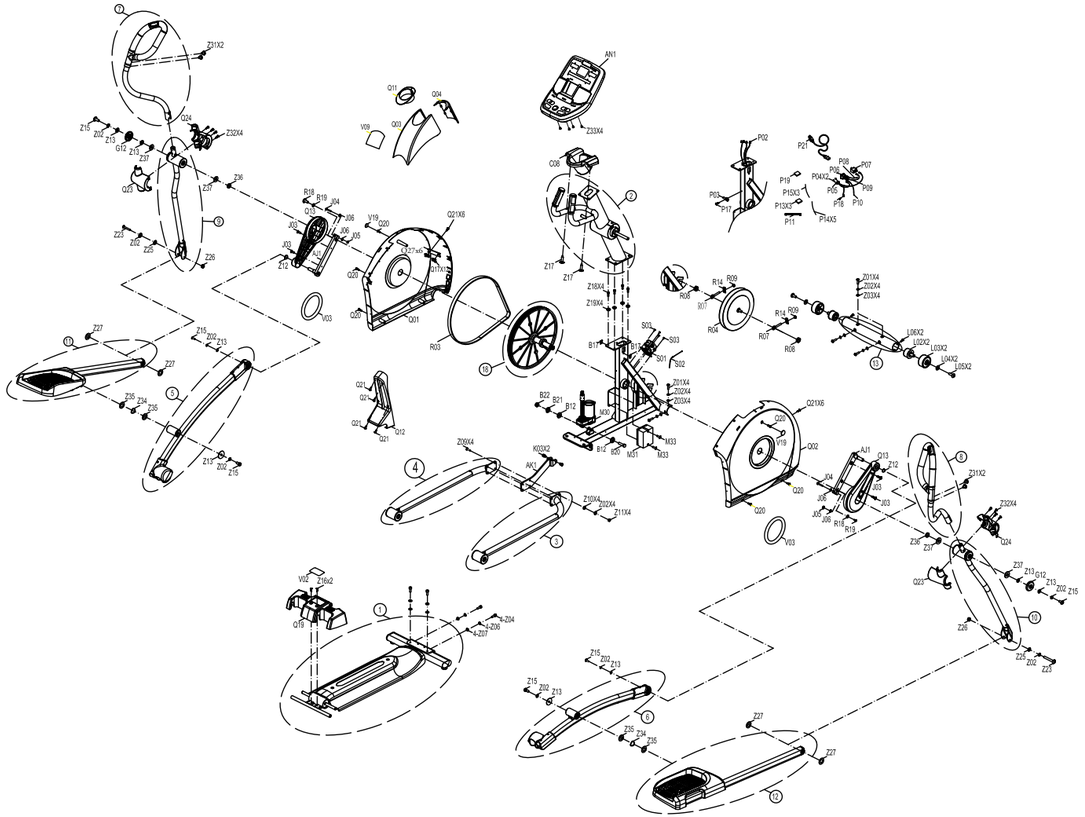
- In-home service is available within 150 miles of the nearest authorized Service Provider (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized.
- The warranty is limited to replacing or repairing, at the servicer's and/or manufacturer's option, the same or comparable model.
- Defective components may be requested to be returned to the manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from states to state.

31AE_41AE_OM_Rev1_7.indd 44-45 7/13/11 11:08 AM



REF #	DESCRIPTION
1	Guide Rail Frame Set
2	Console Mast Set
3	Guide Rail Set; Right
4	Guide Rail Set; Left
5	Pedal Arm Set; Left
6	Pedal Arm Set; Right
7	Upper Handlebar Set; Left
8	Upper Handlebar Set; Right
9	Lower Handlebar Set; Left
10	Lower Handlebar Set; Right
11	Link Arm Set; Left
12	Link Arm Set; Right
13	Stabilizer Set
14	Crank Sleeve Set
15	Roller Set
18	Pedal Axle Set
AC1	Console Mast
AD1	Guide Rail; Right
AD2	Guide Rail; Left
AD3	Leveler Frame Set
AD3	Leveler Frame Set
AE1	Pedal Arm; Left
AE2	Pedal Arm; Right
AF1	Guide Rail Frame
AG1	Lower Handlebar; Left
AG2	Lower Handlebar; Right
AG3	Upper Handlebar; Left
AG4	Upper Handlebar; Right
AG5	Linkage Set
AH1	Pedal Arm; Left
AH2	Pedal Arm; Right
AJ1	Crank Set
AK1	Elevation Connecting Frame Set
AN1	Console Set
B12	Washer; Flat
B17	Clip; Standard
B20	Screw; Hex Head
B21	Washer; Flat
B22	Nut
C08	Water Bottle Holder
C09	Cap
C10	Sticker; Warning; Console set
C12	Cable Tie; Nylon
D07	Guide Rail Ornament; Nickel
D08	Screw; Button Head
D09	Foam; Single Side
D10	Screw; Button Head
D11	Washer; Flat
D12	Washer; Split
D13	Cable Tie; Nylon; Black
D14	Ribbon (WHITE)
D15	Pin Sleeve; Hang Arm
E08	Crank Pin Sleeve; Aluminum Casting
E09	Washer; Flat
E10	Screw; Button Head
E11	Screw; Button Head
E13	Screw; cylinder
E14	Bearing; Ball
E15	Washer; Flat
E16	Nut
E17	Bearing; Ball
E18	Bearing; Ball
E19	Bushing
E20	Washer; Wave
E22	Shim; Crank Sleeve
F10	Leveler
F12	Washer; Flat
F13	Washer; Wavy Washer
F14	End-Cap; Guide Rail
F16	Rivet Nut
F17	Clamp; External C-Shaped
F18	Adjustable Foot Pad Nut
G08	Foam; Handle Bar
G09	Cap; Tube; PVC; Black
G10	Screw; SET
G12	Cover; Hand Arm; Nylon
G13	Bushing
G18	Washer; Flat
G19	Washer; Flat
G20	Screw; Button Head
G22	Swivel Axle Cover; Arm Rest
H05	Screw; Button Head
H06	Bushing
H10	Link Arm Swivel Axle
H11	Cable Tie; Nylon
H12	Link Arm caps; Black
H13	End-Cap; Seat Pad
H14	Logo Label; PEDAL
J03	Screw; Flat head
J04	Screw; Socket head
J05	Nut
J06	Washer
K03	Screw
TROUSSE	Hardware Kit
TROUSSE	Adjustable Foot Pad Nut
TROUSSE	Documentation Manual; Assembly
L01	Stabilizer Set
L02	Bushing; Move Wheel; BLACK
L03	Wheel Set
L04	Washer; Flat
L05	Screw; Button Head
L06	Screw; Button Head
L07	Rivet nut
M30	Motor; AC Elevation
M31	Controller; Motor; AC
M33	Screw; Button Head
N71	Pulse Sensor Set
P02	Wire; Console
P03	Sensor Wire
P04	Screw; Button Head
P05	Wire; POWER SOCKET SET
P06	Power Switch; Large
P07	Circuit Breaker; 3 A/125 V
P08	Wire; CTRL BOARD PWR; BLACK
P09	Wire; CTRL BOARD PWR; WHITE
P10	Wire; Breaker socket connector; BLACK
P11	ECB Motor Wire ECB = Electronic Control Board
P13	Tie Strap Adhesive; NYLON66
P14	Cable Tie; Nylon; Black
P15	Cable Tie; Nylon; 300L; White
P17	Screw; Button Head
P18	Screw; Truss Head
Q01	Side Cover
Q02	Side Cover
Q03	Console Mast Boot; Rear
Q04	Console Mast Boot; Front
Q05	Cover; Pedal arm
Q06	Roller; Polyurethane; Black
Q07	Cover; Pulley
Q08	Cover; Pulley
Q09	Link arm caps
Q10	Pin Sleeve; Hang Arm
Q11	Console Mast Boot; Top
Q12	Cover; PA757K; STABILIZER
Q13	Crank Cover; CRANK
Q14	Foot Pad
Q15	Foot Pad
Q16	Pedal Pad
Q17	Clip; Standard
Q18	Pedal Pad
Q19	Cover; Stabilizer
Q20	Screw; Button Head
Q20	Screw; Button Head
Q21	Screw; Button Head
Q22	Side Rail; FRAME
Q23	Side Cover 2 Hole Bracket
R01	Axle, TRANSIMISSION
R02	Magnet; Spare; Single
R03	Pulley; POLY-V; -NYLON
R04	Flywheel
R05	Bearing; Ball
R06	Belt; Poly-V; RUBBER
R07	Screw; EB
R08	Nut; Hex
R09	Nut; NLK (Nylock)
R11	Key; Round; DUAL-END
R13	Snap Ring; External
R14	Fix Plate; Eye Bolt
R15	Nut; Lock
R17	Washer; Flat
R18	Screw; Button Head
R19	Washer; Flat
S01	Motor; ECB ECB = Electronic Control Board
S02	Tension Cable; ECB
S03	Screw; Button Head
V02	Logo Label; STABILIZER Cover
V03	Decorated Label; SIDE Cover
V05	Sticker; Warning
V05	Sticker; Warning
V09	Sales Label
V12	Sticker; Instruction; L;
V12	Sticker; Instruction; L;
V12	Sticker; Instruction; L;
V12	Sticker; Instruction; L;
V16	Sticker; Instruction; R;
V16	Sticker; Instruction; R;
V16	Sticker; Instruction; R;
V16	Sticker; Instruction; R;
V19	Sticker Round; Black
Z01	Screw; Button Head
Z02	Washer; Split
Z03	Washer; ARC
Z04	Screw; Socket head
Z06	Washer; Split
Z07	Washer; Flat
Z09	Screw; Button Head
Z10	Washer; Flat
Z11	Nut; NLK (Nylock)
Z12	Washer; Wavy Washer
Z13	Washer; Flat
Z15	Screw; Button Head
Z16	Screw; Button Head
Z17	Screw; Button Head
Z18	Screw; Socket head
Z19	Washer; Flat
Z23	Screw; Button Head
Z25	Washer; Flat
Z26	Nut; NLK (Nylock)
Z27	Washer; Flat
Z33	Screw; Button Head
Z34	Washer; Wavy Washer
Z35	Washer; Flat
Z36	Ring; Rubber
Z37	Washer; Flat

31AE_41AE_OM_Rev1_7.indd 46-47
7/13/11 11:08 AM



REF #	DESCRIPTION
1	Guide Rail Frame Set
2	Console Mast Set
3	Guide Rail Set; Right
4	Guide Rail Set; Left
5	Pedal Arm Set; Left
6	Pedal Arm Set; Right
7	Upper Handlebar Set; Left
8	Upper Handlebar Set; Right
9	Lower Handlebar Set; Left
10	Lower Handlebar Set; Right
11	Link Arm Set; Left
12	Link Arm Set; Right
13	Stabilizer Set
14	Crank Sleeve Set
15	Roller Set
16	Hand Grip Set; Left
17	Hand Grip Set; Right
18	Pedal Axle Set
AC1	Console Mast
AD1	Guide Rail; Right
AD2	Guide Rail; Left
AD3	Leveler Frame Set
AD3	Leveler Frame Set
AE1	Pedal Arm; -; L
AE2	Pedal Arm; -;R
AF1	Guide Rail Frame
AG1	Lower Handlebar; Left
AG2	Lower Handlebar; Right
AG3	Upper Handlebar; Left
AG4	Upper Handlebar; Right
AG5	Linkage Set
AG6	Keypad / Wire Set; Left Handlebar
AG7	Keypad / Wire Set; Right Handlebar
AH1	Link Arm; Left
AH2	Link Arm; Right
AJ1	Crank Set
AK1	Elevation Connecting Frame Set
AN1	Console Set
B12	Washer; Flat
B17	Clip; STANDARD
B20	Screw; Hex Head
B21	Washer; Flat
B22	Nut; NLK (Nylock)
C08	Plastic Plate
C09	Cap; PVC
C10	Sticker; Warning;Console set
C12	Cable Tie; Nylon
C13	Wave Tube; CR-11SP;_14x_10.7;200m/coil
D07	Guide Rail Ornament; Nickel
D08	Screw; Button Head
D09	Foam; Single Side
D10	Screw; Button Head
D11	Washer; Flat
D12	Washer; Split
D13	Cable Tie; Nylon; Black
D14	Ribbon (WHITE)
D15	Pin Sleeve; Hang Arm
E08	Crank Pin Sleeve; Aluminum Casting
E09	Washer; Flat
E10	Screw; Button Head
E11	Screw; Button Head
E13	Screw; cylinder
E14	Bearing; Ball
E15	Washer; Flat
E16	Nut; NLK (Nylock)
E17	Bearing; Ball
E18	Bearing; Ball
E19	Bushing
E20	Washer; Wave
E22	Shim; Crank Sleeve
F10	Leveler
F12	Washer; Flat
F13	Washer; Wavy Washer
F14	End-Cap; Guide Rail
F16	Rivet nut.
F17	Clamp; External C-Shaped
F18	Adjustable Foot Pad Nut
G12	Cover
G13	Bushing
G18	Washer; Flat
G19	Washer; Flat
G20	Screw; Button Head
G21	Cable Tie; Nylon
G23	Hand Grip; Right
G24	Hand Grip; Left
G27	Screw; Flat head
G28	Screw; SET
H05	Screw; Button Head
H06	Bushing; Lower Pedal Arm
H09	Cable Tie; Nylon
H10	Link Arm Swivel Axle
H11	Cable Tie; Nylon
H12	Link Arm caps; Black
H13	End-Cap; Seat Pad
J03	Screw; Flat head
J04	Screw; Socket head
J05	Nut
J06	Washer; Flat
K03	Screw
TROUSSE	Manual Set
TROUSSE	Documentation Manual; Assembly
TROUSSE	Hardware Set
L01	Stabilizer
L02	Bushing; Move Wheel; BLACK
L03	Wheel Set
L04	Washer; Flat
L05	Screw; Button Head
L06	Screw; Button Head
L07	Rivet nut
M30	Motor; AC Elevation; 110V; 175 mm
M31	Controller; Motor; AC; 100V~240V
M33	Screw; Button Head
N71	Pulse Sensor Set
P02	Wire; Console; Down; 1200 mm
P03	Sensor Wire
P04	Screw; Button Head
P05	Wire; POWER SOCKET SET
P06	Power Switch; Large
P07	Circuit Breaker; 3A/125V
P08	Wire; CTRL BOARD PWR; BLACK
P09	Wire; CTRL BOARD PWR;;WHITE
P10	Wire; Breaker socket connector; BLACK
P11	ECB Motor Wire
P12	Connect Wire Switch; 700 mm
P13	Tie Strap Adhesive; NYLON
P14	Cable Tie; Nylon; Black
P15	Cable Tie; Nylon; 300L; White
P16	Connect Wire Switch
P17	Screw; Button Head
P18	Screw; Truss head
P19	Inside Receiver Set
P21	PWR Cord;USA;16AWG;Long 2M
Q01	Side Cover; L
Q02	Side Cover; R
Q03	Console Mast Boot; Rear
Q04	Console Mast Boot; Front
Q05	Cover; Pedal arm; ABS
Q06	Roller; Polyurethane; Black
Q07	Cover; Pulley; L
Q08	Cover; Pulley; R
Q09	Link arm caps
Q10	Pin Sleeve; Hang Arm
Q11	Console Mast Boot; Top; Console Mast
Q12	Cover; PA757K; STABILIZER
Q13	Crank Cover; CRANK
Q14	Foot Pad; L
Q15	Foot Pad; R
Q16	Pedal Pad
Q17	Clip; Standard
Q18	Pedal Pad
Q19	Plastic Stabilizer Cover
Q20	Screw; Button Head
Q21	Screw; Button Head
Q22	Rear Frame Cover
Q23	Cover; RE
Q24	Cover; F
Q25	Cover; RE; ABS
Q26	Cover; F; ABS; DM328; Console MAST
Q27	Side Cover 2 Hole Bracket
R01	Axle, TRANSIMISSION
R02	Magnet; Spare; Single
R03	Pulley; POLY-V;-NYLON
R04	Flywheel
R05	Bearing; Ball
R06	Belt; Poly-V;RUBBER
R07	Screw; EB
R08	Nut; Hex
R09	Nut; NLK (Nylock)
R11	Key; Round; DUAL-END
R13	Snap Ring; External
R14	Fix Plate; Eye Bolt
R15	Nut; Lock
R18	Screw; Button Head
R19	Washer; Flat
S01	Motor: ECBG
S02	Tension Cable; ECB
S03	Screw; Button Head
V01	Logo Label; FRAME Cover; REAR
V02	Logo Label; STABILIZER Cover; REAR
V03	DECORATED Label; SIDE Cover
V05	Sticker; Warning
V09	SALES Label
V12	Sticker; Instruction; L
V16	Sticker; Instruction; R
V19	Sticker Round; Black
Z01	Screw; Button Head
Z02	Washer; Split
Z03	Washer; ARC
Z04	Screw; Socket head
Z06	Washer; Split
Z07	Washer; Flat
Z09	Screw; Button Head
Z10	Washer; Flat
Z11	Nut; NLK (Nylock)
Z12	Washer; Wavy Washer
Z13	Washer; Flat
Z15	Screw; Button Head
Z16	Screw; Button Head
Z17	Screw; Button Head
Z18	Screw; Socket head
Z19	Washer; Flat
Z23	Screw; Button Head
Z25	Washer; Flat
Z26	Nut; NLK (Nylock)
Z27	Washer; Flat
Z31	Screw; Button Head
Z32	Screw; Button Head
Z33	Screw; Button Head
Z34	Washer; Wavy Washer
Z35	Washer; Flat
Z36	Ring; Rubber
Z37	Washer; Flat

31AE_41AE_OM_Rev1_7.indd 48-49 7/13/11 11:08 AM